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# Clinical indications of *Hinguleshwara Rasa* an experiential and scientific view

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## ABSTRACT

Herbo mineral formulations are commonly used in general practice in modern India by Ayurveda physicians. These formulations are effective even when they are given with small quantity, does not produce distaste and having quick actions. Most of the formulations contain purified and processed mercurial compounds and *Shuddha Vatsanabha* (Aconite). *Mrityunjaya Rasa*, *Tribhuvana Kirti Rasa*, *Ananda Bhairava Rasa*, *Kaphaketu Rasa*, *Siddha Makaradhwaja Rasa*, makaradhwaja gutika, *Poornachandrodaya Rasa*, *Panchamrita Parpati*, *Rasa Parpati*, and *Hemagarbha Pottali* are few formulations which are frequently used in general practice. These formulations are having the ingredients which usually possess actions like *Dipana*, *Pachana*, *Rasayana*, immunomodulator, anti-infective, antibacterial, bactericidal, immunity booster, strength promoting and antioxidant properties. They are given in chronic debilitating diseases with suitable adjuvant therapy. The present paper highlights about the clinical indications of *Hinguleshwara Rasa* in an experiential and scientific view.

**Key words:** *Hinguleshwara Rasa*, *Ayurveda*, *Rasayana*.

## INTRODUCTION

*Rasaushadhis* usually contain herbal, mineral and drugs of animal origin and are effective even in non communicable disorders and chronic debilitating disorders. They usually contain purified and medically processed mercurial compounds and aconite. These preparations destroy the infection as well as increase the immunity in these patients. The ingredients of *Rasashastriya* preparations are usually having the actions like *Dipana*, *Rasayana*, *Krimighna*, immunity

booster, immunomodulator antiinfective, antibacterial, bactericidal, fungicidal, anthelmintic, and antistress actions. *Hinguleshwara Rasa* is one such preparation which is commonly given in various types of fevers and respiratory infections.<sup>[1,2]</sup>

## Ingredients

1. *Shuddha Hingula*
2. *Shuddha Vatsanabha*
3. *Shuddha Tankana*
4. *Pippali (Piper longum)*

## Actions<sup>[3,4]</sup>

1. *Dipana*
2. *Pachana*
3. *Amahara*
4. *Rasayana*
5. *Jwara Hara*
6. Anti-infective

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7. Antibacterial
8. Bactericidal
9. Fungicidal
10. Anthelmintic
11. Immunomodulator
12. Immunity booster
13. Antiallergic
14. *Kasahara*
15. *Shwasahara*
16. *Atisaraghna*
17. *Krimighna*
18. *Vedana Sthapana*
19. Analgesic
20. Anti-inflammatory
21. Negative chronotropic
22. Positive Inotropic
23. Cardiac depressant
24. Increase Vagal tone

#### Clinical indications<sup>[5-7]</sup>

1. *Nava Jwara*
2. *Purana Jwara*
3. *Jirna Jwara*
4. *Vishama Jwara*
5. *Udara Krimi*
6. Acute bronchitis
7. *Pratishyaya*
8. *Peenasa*
9. *Gala Shotha*
10. Pharyngitis
11. Laryngitis
12. Tracheitis
13. Chronic bronchitis

14. Bronchiectasis
15. Emphysema
16. Cor pulmonale
17. Pulmonary Koch's
18. Deviated nasal septum
19. Nasal polyps
20. Rheumatoid arthritis
21. SLE.

#### *Amayika Prayoga*<sup>[8,9]</sup>

- *Nava Jwara* - It is given with *Amritottara Kashaya* or *Amritarishta*.
- *Purana Jwara* - It is given with *Godanti Bhasma* and *Mahasudarshana Kashaya*.
- *Jeerna Jwara* - It is given with *Arogyavardhini Vati* and *Amritarishta*.
- *Vishama Jwara* - It is given with *Putra Pakwa Vishamajwarantaka Louha*, *Saptaparna Kashaya* and *Sudarshana Ghana Vati*.
- *Udara Krimi* - It is given with *Vidangarishta* and *Krimimudgara Rasa*.
- Acute bronchitis - It is given with *Vasakarishtha*.
- *Pratishyaya* - It is given with *Naradiya Laxmivilasa Rasa* and *Pushkara Moolasava*.
- *Pinasa* - It is given with *Naradiya Laxmivilasa Rasa* and *Pushkara Moolasava*.
- *Galashotha* - It is given with *Vrinapahari Rasa* and *Pippalyasava*.
- Pharyngitis - It is given with *Sheetamshu Rasa* and *Pippalyasava*.
- Laryngitis - It is given with *Sheetamshu Rasa* and *Pippalyasava*.
- Tracheitis - It is given with *Sheetamshu Rasa* and *Somasava*.
- Chronic bronchitis - It is given with *Dashamoola Katutraya Kashaya* and *Vasakarishtha*.
- Chronic bronchial asthma - It is given with *Shwasakuthara Rasa*, *Pushkara Moolasava* and *Soma Choorna*.

- Bronchiectasis - It is given with *Shwasakuthara Rasa*, *Pushkara Moolasava* and *Soma Choorna*.
- Emphysema - It is given with *Talisadi Choorna*, *Poornachandrodaya Rasa*, and *Vasakarishtha*.
- Cor pulmonale - It is given with *Arjunarishta*, *Prabhakara Vati* and *Vasakarishtha*.
- Pulmonary Kochs - It is given with Anti Kochs treatment and *Pushkaramoolasava*.
- Deviated nasal septum - It is given with *Laghu Sootha Shekhara Vati*, *Roudra rasa* and *Pushkaramoolasava*.
- Nasal polyps - It is given with *Roudra Rasa*, *Sheetamshu Rasa* and *Dashamoolarishta*.
- Rheumatoid arthritis - It is given with *Maharasnadi Kashaya* and *Simhanada Guggulu* and *Kshara Basti*.
- SLE - It is given with *Maharasnadi Kashaya*, *Pippalyasava* and *Hemagarbha Pottali*.

## DISCUSSION

*Hinguleshwara Rasa* is a herbomineral formulation which is commonly used in fever and respiratory infections. It contains *Shuddha Hingula* and *Shuddha Vatsanabha* as main ingredients. *Pippali* is *Dipana*, *Pachana*, *Amahara*, and *Rasayana* in action. *Hingula* is *Krimighna*, *Rasayana*, antibacterial, anti-infective, bactericidal and immunomodulator also. However, *Hinguleshwara Rasa* is effective in *Jwara*, respiratory infection and allergy. It is given with disease specific adjuvants in various disorders. However, in some diseases, it should be administered for prolonged period. As the ingredients like *Hingula* and *Vatsanabha* which are purified and processed, it is more effective than mere herbal preparations. No serious adverse drug reactions are seen during the administration of this formulation.

## CONCLUSION

*Hinguleshwara Rasa* is a herbo mineral formulation which is given in conditions of fever and respiratory disorders. Less adverse drug reactions are observed after the administration of this formulation. When given with disease specific adjuvants it has shown desired actions.

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